

NUTRITION EDUCATION FOR PARENTS



Parent Activity: Group Taste Test Instructions

Milk Challenge

Supplies Needed

1% milk in the original container

2% milk in the original container

2 color/patterns of small (3 oz.) paper cups

NOTES: - do not use clear cups (difference can be seen) or red cups
 (red is associated with whole milk)
 - do NOT use whole or fat-free (skim) milk

trays (optional)

Handout: Mooove Cow Card/other appropriate handout

Taste Test Instructions For A Group

Low-fat dairy products have the SAME amount of calcium as whole milk dairy products and taste good. In blind taste tests, 9 out of 10 people like the taste of 1% or fat-free (skim) milk. The Milk Challenge is an easy way to demonstrate to a group of people (parents/grandparents/caregivers/their families) that most people can't tell the difference between 2% and 1% milk.

Prior to activity

Keep milk refrigerated. Disguise the original containers of milk by covering the labels and caps. Set up your demonstration area with one set of cups next to one container, and the other set (which should have a different color or pattern) next to the other, so that you will consistently pour the same milk into the same color cup each time. Do not leave the demonstration area unsupervised. You may want to pour the milk in the kitchen rather than disguise the original milk container. Be sure your pourer knows which cups should be used for each type of milk.

1% or Less Milk



This activity can be done with the entire group taking a taste or with the group watching 1 or 2 participants trying to guess which milk has less fat. Either way, the group will see that it is hard to tell which milk is which, and that tasters like the taste of low fat (1%) milk.

Explain to your participants that they are going to be taste testing different kinds of milk today (do NOT tell them at this point that you only have 2% and 1% milk). Ask the participants what kind of milk they usually drink at home (whole, 2%, 1% or fat-free) and if the entire family drinks the same kind of milk. Pour a small amount of each type of milk for each participant. Give each participant both types at the same time, so they can compare them. (Do not pressure anyone who is not a milk drinker to participate, as they may negatively affect the attitudes of others taking the test.)

After the participants sample the milk, ask them to tell you which milk they like better and which one they think has less fat. Reveal the actual contents of the different cups of milk. Emphasize to the participants that just as they were unable to tell which milk was which, often family members will be unable to distinguish between 2% and 1% milk. If participants are using whole milk, encourage them to switch first to 2%, and wait a few weeks before moving to 1% milk.

Ask participants if they know how 1% and fat-free/skim milk are made. Many people think that fat-free or low-fat milk is made by adding water to whole milk. At milk processing plants, *all* fat is removed from *all the milk*. In order to control the fat content of milk, fat is then added back to the skim milk to produce low-fat (1%), reduced fat (2%), or whole milk. Review that low-fat milk has the same nutrient content as whole milk, just the fat portion is taken out. Many people can't taste any difference between whole milk and skim milk.

Other Options

Another good activity to do with a group, either separately or as part of the Milk Challenge, is the **Fat in Milk Display**.



Parent Activity: Fat in Milk Display

Supplies Needed

4 clear plastic cups or containers (8 oz or larger).

4 Labels

Marker

Butter-flavored Crisco

Tablespoon for measuring

Directions

Label one cup with: Amount of fat in 1/2 gallon whole milk.

Label the second cup with: Amount of fat in 1/2 gallon reduced-fat (2%) milk.

Label the third cup with Amount of fat in 1/2 gallon low-fat (1%) milk.

Label the last cup: Amount of fat in 1/2 gallon fat-free (skim) milk.

Melt about 10 tablespoons butter-flavored Crisco.

Pour 5 tablespoons into the first cup, (whole milk)

3 tablespoons into the second cup, (2% or reduced-fat milk)

1 1/2 tablespoons into the third cup (1% or low-fat milk) and

Leave the fourth cup empty (skim or fat-free milk).

Let harden.

Activity

A visual display of the amount of fat in each type of milk is an effective way to help children and their caregivers learn why low-fat and fat-free milk are healthier choices than whole and 2% milk.

Review with participants that there are four different kinds of "white" milk, whole, reduced fat (or 2%), low-fat (or 1%) and fat-free (or skim). The ONLY difference between these milks is the amount of fat that they have.

1% or Less Milk



Too much fat in the foods we eat can affect our health. Keeping fatty foods under control can help keep our hearts healthy.

By “mooving” from whole to low-fat or fat-free milk, we can save between 50-70 calories, 5-8 grams of fat, and 20-30 milligrams of cholesterol per cup.

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moove to low-fat or fat-free milk!

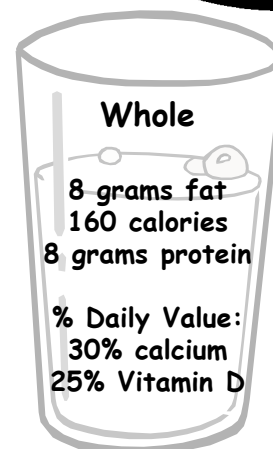
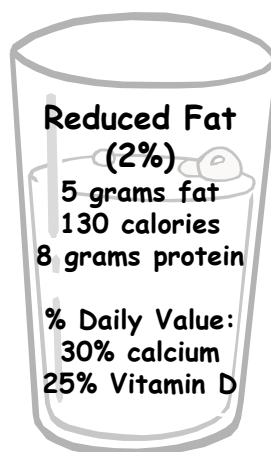
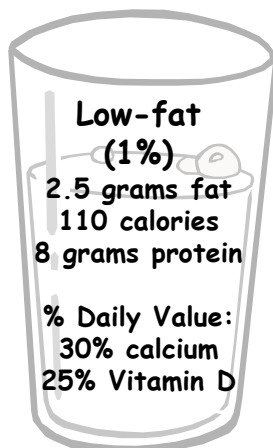
Milk is a **good source** of protein, calcium, and vitamins.

Milk is **important** for adults, teenagers and children.

Choosing the right type of milk is important for you and your family:

- Breastfeeding is best for baby's first year or longer.
- For babies who are not breastfed, use iron fortified infant formula until 12 months of age.
- Use whole milk for children under the age of two.
- For adults and children two years and older, low-fat (also called 1%) and fat-free milk (also called skim) are best!!

Nutrition facts for 1 cup of milk:



Low-fat and fat-free milk have the same great nutrition as reduced fat and whole milk, just less fat and fewer calories.



Help your family improve their health. Make the mooove to low-fat or fat-free milk because it tastes great, it cuts fat and calories quickly and easily from your family's diet, and it helps reduce your family's risk of heart disease. An easy way to make the switch from whole milk is to do it gradually. Start by using reduced fat (2%) milk. Then, change to low-fat (1%) milk and, finally, try fat-free (skim) milk. Encourage your family to drink low-fat or fat-free milk instead of beverages such as sodas, sports drinks, or fruit drinks!

recipes!

Corn Chowder

2 potatoes, peeled and cubed
1 cup frozen corn or frozen mixed vegetables
2 cups low-fat or fat-free milk
1/4 teaspoon salt
1/4 teaspoon pepper
1 cup cooked extra lean ham, diced

Cook potatoes in a small amount of water until tender. Drain water. Combine potatoes, corn, milk, salt, pepper and ham in a saucepan. Heat until hot, but do not boil. Serves 5

Nutrient content per serving:				
Calories	Total Fat	Saturated Fat	Cholesterol	
Using this recipe	146	1.8 grams	0.6 grams	14 mg
Using whole milk & high fat ham	190	6.8 grams	3.2 grams	30 mg

Smoothie

2 cups low-fat or fat-free milk
1 small can (6 oz) frozen orange juice concentrate
1 cup (8 oz) nonfat strawberry/banana yogurt
2 tablespoons powdered sugar
4-6 ice cubes

In blender, combine milk, orange juice, powdered sugar and yogurt. Blend until smooth. Add ice cubes, one at a time. Blend after each. Blend until smooth and frothy. Serve immediately. Serves 4

Nutrient content per serving:				
Calories	Total Fat	Saturated Fat	Cholesterol	
Using this recipe	187	1 gram	0.6 grams	5 mg
Using whole milk	223	5.2 grams	3.2 grams	20 mg

Baked Macaroni and Cheese

8 ounces uncooked elbow macaroni
2 tablespoons reduced-calorie stick margarine
1/4 cup flour
3/4 teaspoon dry mustard
1/4 teaspoon ground pepper
2 cups fat-free or low-fat milk
1 1/2 cups (6 oz) shredded reduced fat sharp Cheddar cheese

Cook macaroni according to package directions without the salt and fat. Drain. Set aside. Melt margarine in a large, heavy saucepan over low heat. Add flour, dry mustard and pepper to melted margarine and mix thoroughly. Add milk. Cook, stirring constantly with a wire whisk until thickened (1 minute or more). Add cheese, stirring until cheese melts. Stir in cooked macaroni. Spoon mixture into a greased 2-quart casserole dish. Cover and bake at 350 degrees for 30 minutes or microwave on high for 5 minutes. Let stand, covered, 5 minutes before serving. Serves 5

Nutrient content per serving:				
Calories	Total Fat	Saturated Fat	Cholesterol	
Using this recipe	354	10.4 grams	5.4 grams	26 mg
Using whole milk & regular cheese	432	20 grams	10.3 grams	50 mg



Adapted from Florida Department of Health by
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Department of Health and Human Services • Carmen Hooker Odom, Sec.
Division of Public Health • Nutrition Services Branch

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Mooove to low-fat or fat-free milk!

Overweight facts

The most common nutrition concern in childhood is overweight.

Poor nutrition combined with too little physical activity is the second most preventable cause of death in the US.

If parents are overweight, their children are more likely to be overweight.

One of the easiest ways to improve nutrition is to serve low-fat (1%) or fat-free milk.

Increase intake of low-fat and fat-free dairy foods

Offer low-fat (1%) or fat-free milk.

Choose reduced-fat, low-fat, lite or part-skim cheeses.

Cook with low-fat dairy foods.

Be a role model.

Mooove to 1% or less!

Increase age-appropriate physical activity

Encourage active play.

Turn off the TV and video games.

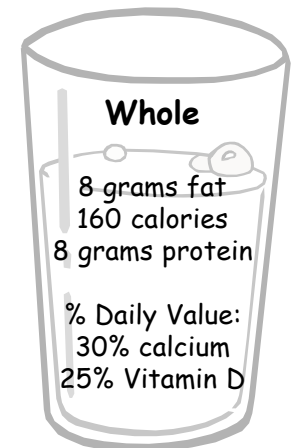
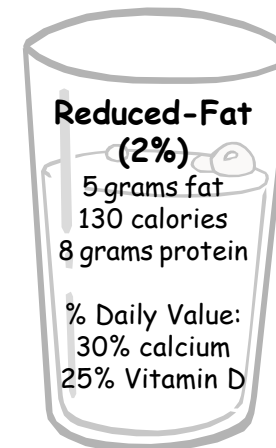
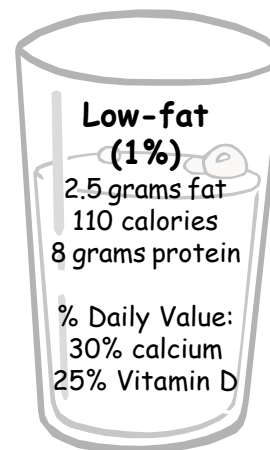
Play and be physically active with your children.

Be a role model.

Move toward good health.



Nutrition facts for 1 cup of milk:



Recipes

Breakfast Casserole

10 slices of bread, cut in squares
2 cups (8 oz) sharp low-fat
cheddar cheese, grated
2 oz. extra lean cubed, cooked
ham (optional)
6 eggs, slightly beaten
2 cups fat-free or 1% low-fat
milk
 $\frac{1}{4}$ tsp poultry seasoning

In a 2-quart baking dish,
combine cubed bread, grated
cheese, and ham (if desired). In
a separate bowl, beat together
eggs, milk, and poultry seasoning.
Pour over bread mixture. Cover
and refrigerate overnight. Bake
at 350 degrees, uncovered for
1 hour or until knife comes out
clean. Refrigerate leftovers.
Serves 8

'Nilla Banana Ice

Blend together 1 cup of 1% low-
fat or fat-free milk, banana
slices, ice and some vanilla

Super Soup

Make a bowl of chicken soup
creamier with 1 can of 1% low-
fat or fat-free milk instead of
water

Mocha Milk Chiller

Try 8 ounces of new low-fat
milk flavors such as mocha,
cookies-and-cream and orange

Orange Milksicle

Freeze low-fat orange flavored
milk in Popsicle containers

Mousse Madness

Stir together 8 ounces of low-
fat chocolate milk and lite
frozen whipped topping

Milk Steamer

Warm up 1 cup of flavored low-
fat milk (such as mocha) and
sprinkle with cinnamon

Mooove to low-fat or fat-free milk

...same great nutrition with less fat!

For healthy children
age 2 and older . . .
and adults, too.



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Did you know? Milk is a good source of protein, calcium and vitamins. Choosing the right kind of milk can help prevent children from becoming overweight or obese.



- Breastfeeding is best for baby's first year or longer.
- For babies who are not breastfed, iron-fortified infant formula is recommended until 12 months of age.
- For healthy children 12 to 24 months of age, whole milk is recommended.
- For healthy children age 2 and older (and adults too!), low-fat (1%) or fat-free (skim) milk is recommended.

Did you know? Childhood overweight and obesity has become an epidemic. Eight percent of children ages 4-5 years old and 20% of children ages 6-11 years old are overweight. Overweight children are at high risk of becoming overweight or obese adults and of developing weight-related chronic diseases, such as heart disease and diabetes.

Did you know? Overweight and obesity results from unhealthy eating patterns and too little physical activity. Since eating habits begin early in childhood, parents and caregivers can help prevent childhood obesity.

- Focus on healthy eating behaviors for the whole family.
- Encourage and participate in daily physical activity (children need at least 60 minutes and adults 30 minutes of activity each day).
- Limit TV, videos and playing computer games to less than 2 hours each day.

Did you know?

Parents and caregivers can help prevent childhood obesity by promoting a healthy lifestyle. This is true for all children—not just the overweight child. One of the easiest ways is to serve low-fat or fat-free milk. Beginning at age 2, children can be gradually introduced to lower fat milk. Start with reduced-fat (2%) milk, then go to low-fat (1%) milk and finally try introducing fat-free (skim) milk.

Try this!
Strawberry Banana Smoothie
1 cup low-fat or fat-free milk
1 cup plain nonfat yogurt
2 bananas
2 cups strawberries
Peel and slice bananas. Wash and cut tops off strawberries. Put in blender with milk and yogurt. Blend until smooth. Makes 3 servings.

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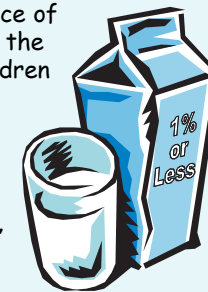
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Ten Ways to Get Kids to Drink More 1% or Fat-free Milk

Copy Cat

Children imitate their parents and caregivers. Reach for 1% milk and your kids will too.

Make it Stick

Using cow stickers, have your child chart his or her servings of 1% or fat-free milk each day (goal at least 2 1-cup servings/day). Continue for several weeks to develop a healthy habit.

Sneak it in

Add 1% or fat-free milk instead of water when making oatmeal, hot chocolate, pancakes and soups. Your children will love the taste, and you'll love the nutrition they get.

Fuel Stop

When afternoon play calls for a snack break, fuel up with 1% or fat-free milk.

Work/School Days

Encourage your child's caregiver to choose 1% or fat-free milk for kids over age 2.



Fancy Fun

Make milk-drinking special by serving 1% or fat-free milk in a fun glass with a colorful straw that bends and wiggles.

Shake it Up

Team 1% or fat-free milk with fruit and crushed ice in the blender to create a tasty smoothie. Experiment by adding yogurt or frozen yogurt.

Fun with Flavors

Stock up on syrups like chocolate, strawberry or butterscotch and let kids swirl their favorite into a glass of 1% or fat-free milk at mealtime.

Milk with Meals

Make milk your usual mealtime beverage. Moms can feel better about even the pickiest eaters when children drink milk with meals.

On the Go

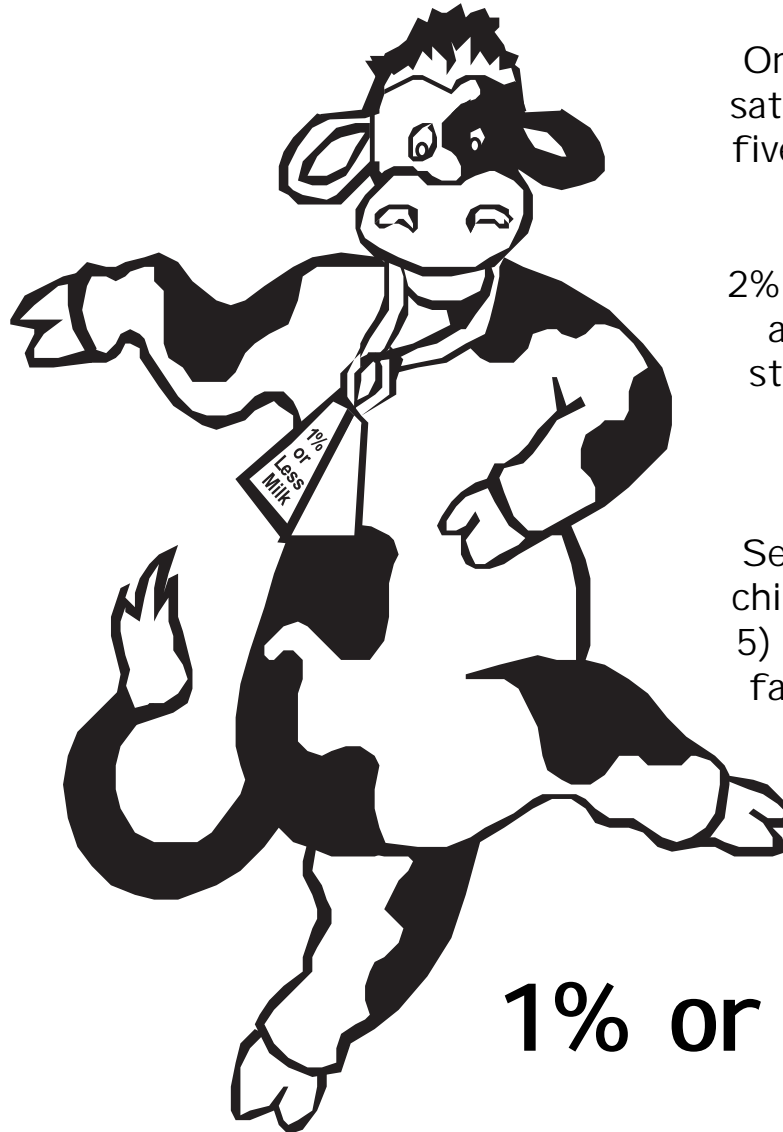
The next time you make a fast food pick-up, order nutrient-packed 1% or fat-free milk instead of soft drinks. Increase the value of kid's meals by substituting milk.

Cut the Fat: Mooove to 1% or Less

Fat-free (skim) and 1% milk have all the protein, calcium and vitamins found in whole milk, but have little or no fat.

Nine out of 10 people like the taste of ice cold 1% or fat-free (skim) milk in blind taste tests.

Heart disease may not show up until adulthood. But the early stages, caused by too much saturated fat, can be seen in kids as young as ten years old.



One cup of whole milk has a lot of saturated fat - the same amount as five strips of bacon or a candy bar.

2% milk is not low-fat. One cup has as much saturated fat as three strips of bacon. Only 1% and fat-free are low-fat milks.

Serving 1% milk instead of 2% for children in child care (for ages 2 to 5) would cut out a lot of saturated fat from diets during those three years.

1% or Less. Yes.



Adapted from CSPI 1% or Less Campaign materials

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Division of Public Health • Women's and Children's Health Section • Nutrition Services Branch

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Beverage Choices: Which Do You Drink?

Milk

Vitamins A, D, B12,
folate, calcium,
magnesium, protein

Drink at least two
8-ounce glasses
a day

Choose Low-fat
(1%) or Fat-free
(skim).

100% Juice

Vitamins C, folate

Drink 4 to 6 ounces
a day.

Choose whole fruits
instead of juice for
fiber and other
nutrients.

Water

Essential for
carrying nutrients,
maintaining cellular
functions,
temperature
regulation and
more.

Drink 6 to 8
8-ounce glasses
a day.

Juice "drinks"

Made with some
juice and added
vitamins.

100% juice has
more nutrition.

Orange soda

Flavored water, sugar,
corn syrup, caffeine.

Avoid sodas and
other soft drinks
("sport" drinks,
juice-flavored
beverages).

May contribute to
a reduced intake
of other beverages
including low-fat
milk, water and
100% fruit juices.

Flavored milks

Flavored milks offer
a well-accepted
nutritious alternative
to soft drinks.

Children who drink
flavored milk have
a lower soft drink
intake, higher
calcium intakes and
do NOT have
increased sugar
intakes.